

Recipe of the Month

Low Fat Chocolate or Mocha Mousse

A favorite from the kitchen of Delisa Renideo

One of the most popular dishes at our monthly potlucks has been the Chocolate Mousse. I decided to experiment to find a version that would be just as tasty but more healthful. (The original contains chocolate chips, which are high in fat and sugar.) Here is the healthy version that contains a truly healthy sweetener and no added fat, but still tastes delicious.

1 box Mori-Nu silken tofu, firm

2 Tbsp. cocoa powder

(can substitute carob powder)

1/2 tsp. vanilla extract

1/2 cup date pieces or 1/3 cup date sugar

1 Tbsp. coffee substitute, e.g. Roma or Cafix
(optional, to make mocha)

- Mix all ingredients thoroughly in blender or VitaMix.
- Chill and eat
- This is firm enough to use as a pie filling.

Notes:

I used dates as a sweetener because they are a whole food, thus nutritionally superior to other sweeteners.

The dates thicken this mousse much more than other sweeteners would.

If you want to make a different flavor, leave out the cocoa powder and add the flavor you wish, e.g. extra vanilla, banana, or berries